

How do I get help?

You can access our service by:

- Contacting the Let's Talk team

Let's Talk IAPT Services
 121 -131 Eastgate Street
 Gloucester
 GL1 1PX

Telephone: 0800 073 2200

Web: www.talk2gether.nhs.uk

- Talking with your family doctor or primary healthcare professional e.g. practice nurse, district nurse, health visitor or midwife
- Contacting a variety of organisations including; voluntary, community and employment services

Let us know your thoughts

There is also a patient forum that encourages people who have used the Let's Talk service to share their experience and give us suggestions on how we can improve and develop our services.

Details on how to join the forum are on our website or you can ask a member of the Let's Talk team.

When you contact us please have your NHS number available.

If you can please answer the depression and anxiety questionnaires on our website or using the Positive Steps to Wellbeing leaflet and have your scores available.



We are here to help you talk about your worries



Telephone us on **0800 073 2200**



Our website address is **www.talk2gether.nhs.uk**



Write to us at:
 Let's Talk IAPT Services
 121 - 131 Eastgate Street
 Gloucester
 GL1 1PX



We are here to help you



Let's Talk

Obsessive Compulsive Disorder

Gaining Control of Obsessive Compulsive Disorder



About Obsessive Compulsive Disorder

Obsessive Compulsive Disorder (OCD) comes in many forms.

Most commonly it is unpleasant thoughts that repeat and/or repetitive actions. You can become obsessed with the thoughts and feel compelled to carry out certain actions. It can be very distressing for you and those around you.

You may be anxious more generally than most. You probably have quite high standards. OCD gets worse at times of stress and you may be someone who finds it hard to get worries under control.

Typical examples of OCD are:

- fear of germs and/or catching diseases
- fear of being responsible for causing harm
- fear of wanting to cause harm

Common symptoms

The thoughts are so frightening in OCD that you find ways of coping which work short term but long term make the problem worse. For example:

- obsessional thoughts, images or ruminations that repeat and make you feel very uncomfortable
- rituals that can be actual actions, like hand washing or actions that occur in the mind only, like having 'good thoughts' to balance the bad ones
- avoidance of situations or people that set off the thoughts or compulsions can make life become ever more limited
- reassurance seeking from other people is very common as a way of making you feel better but long term makes matters worse

About Us

Let's Talk is a free service from the NHS, that helps people overcome their difficulties.

Our goal is to help you feel more like yourself again. A trained therapist is at the end of a phone and will listen to your needs, then support and guide you through the Let's Talk service.

Over the phone or sometimes face to face we will:

- discuss your difficulties
- assess your needs
- suggest a way forward

We can offer help through:

- just one or two telephone calls
- self help reading
- a home computer based therapy
- attending a course
- an individual therapy or workshop

Whatever your journey with us, a member of our team will stay in touch with you and guide you through what can be a difficult time in your life.

We aim to help you to understand yourself better and make changes to the way you think and behave so you can feel better.

Services may be offered at your family doctor's surgery or at community sites across the county of Gloucestershire.

We are a telephone call away. Together, we can tackle your problems.

Getting help for Obsessive Compulsive Disorder

We can help you to overcome OCD by listening to you and encouraging you to make some changes in the way you think and what you do in your everyday life.

We will teach you to face your fears by learning to manage your obsessional thoughts and gradually reduce ritualistic behaviour.

The main aim of treatment is for you to learn that your fears are not realistic and that you can cope without rituals and avoidance.

You can get this help through our website, over the telephone or face to face.

How to get help

Getting help starts with talking to your GP or making a telephone call. It is easy to contact us through our freephone telephone number **0800 073 2200**.



“Having therapy for my OCD has changed my life”